One fresh, raw, unpasteurized large egg (approximately 50g) contains a variety of essential nutrients, which are crucial for a healthy diet. The Dietary Reference Intakes (DRIs) provide recommended daily allowances (RDAs) or adequate intakes (AIs) for these nutrients, which vary by age and sex. An RDA is the average daily dietary intake level sufficient to meet the nutrient requirements of nearly all (97–98 percent) healthy individuals in a group, calculated from an Estimated Average Requirement (EAR). An AI is established when there isn't enough scientific evidence to set an EAR and calculate an RDA, and it is believed to cover the needs of all healthy individuals, although the exact percentage covered isn't confidently specified.

Below are the essential nutrients found in one large raw egg and their corresponding daily recommended allowances for adult males and females aged 19-30 years, unless otherwise specified:

- **Protein**: A large egg provides **6.3 grams** of high-quality, complete protein, containing all nine essential amino acids.
    - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **56 g/d**
    - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **46 g/d**
- **Essential Fatty Acids**: Eggs are rich in omega-6 and omega-3 fatty acids, which are vital for early brain development and are required through diet as the body cannot make them.
    - **Linoleic Acid (Omega-6)**: **0.766 g**
        - Adequate Intake (AI) for **Males (19-30 y)**: **17 g/d***
        - Adequate Intake (AI) for **Females (19-30 y)**: **12 g/d***
    - **Alpha-Linolenic Acid (Omega-3)**: **0.018 g**
        - Adequate Intake (AI) for **Males (19-30 y)**: **1.6 g/d***
        - Adequate Intake (AI) for **Females (19-30 y)**: **1.1 g/d***
- **Vitamins**:
    - **Vitamin A (as retinol activity equivalents - RAE)**: **80 µg RAE** (contributes to eye health and strengthens the immune system)
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **900 µg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **700 µg/d**
    - **Vitamin D**: **1 µg** (works with calcium and phosphorus for healthy bones, muscles, and teeth, assumes minimal sunlight exposure)
        - Adequate Intake (AI) for **Males (19-30 y)**: **15 µg/d***
        - Adequate Intake (AI) for **Females (19-30 y)**: **15 µg/d***
    - **Vitamin E (as alpha-tocopherol)**: **0.53 mg**
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **15 mg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **15 mg/d**
    - **Vitamin K**: **0.15 µg**
        - Adequate Intake (AI) for **Males (19-30 y)**: **120 µg/d***
        - Adequate Intake (AI) for **Females (19-30 y)**: **90 µg/d***
    - **Thiamin (B1)**: **0.02 mg**
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **1.2 mg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **1.1 mg/d**
    - **Riboflavin (B2)**: **0.23 mg**
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **1.3 mg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **1.1 mg/d**
    - **Niacin (B3)**: **0.04 mg**
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **16 mg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **14 mg/d**
    - **Vitamin B6**: **0.09 mg**
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **1.3 mg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **1.3 mg/d**
    - **Folate (B9, as dietary folate equivalents - DFE)**: **23.5 µg DFE**
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **400 µg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **400 µg/d** (It is also recommended that all women capable of becoming pregnant consume 400 µg from supplements or fortified foods in addition to food folate from a varied diet).
    - **Vitamin B12**: **0.45 µg** (helps maintain healthy blood cells, nervous system, DNA, and brain, and reduces tiredness and fatigue)
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **2.4 µg/d**

        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **2.4 µg/d** (For those over 50 years, it's advisable to meet the RDA mainly by consuming B12-fortified foods or supplements due to potential malabsorption of food-bound B12).
    - **Pantothenic Acid (B5)**: **0.77 mg**
        - Adequate Intake (AI) for **Males (19-30 y)**: **5 mg/d***
        - Adequate Intake (AI) for **Females (19-30 y)**: **5 mg/d***
    - **Biotin (B7)**: Present in eggs, but specific quantity not determinable from the provided raw egg nutrition data.
        - Adequate Intake (AI) for **Males (19-30 y)**: **30 µg/d***
        - Adequate Intake (AI) for **Females (19-30 y)**: **30 µg/d***
    - **Choline**: **146.9 mg** (an essential nutrient the body requires for cell membranes and processing fats, important for brain function)
        - Adequate Intake (AI) for **Males (19-30 y)**: **550 mg/d***
        - Adequate Intake (AI) for **Females (19-30 y)**: **425 mg/d*** (While AIs have been set, there are limited data to assess if a dietary supply of choline is needed at all life stages, as endogenous synthesis may meet requirements at some stages).
- **Minerals**:
    - **Calcium**: **28 mg**
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **1,000 mg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **1,000 mg/d**
    - **Copper**: **0.04 mg**
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **900 µg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **900 µg/d**
    - **Iodine**: **24.5 µg** (required for thyroid hormones, important for healthy growth, metabolic regulation, and brain development during pregnancy and early years)
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **150 µg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **150 µg/d**
    - **Iron**: **0.88 mg**
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **8 mg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **18 mg/d**
    - **Magnesium**: **6 mg**
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **400 mg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **310 mg/d**
    - **Manganese**: **0.01 mg**
        - Adequate Intake (AI) for **Males (19-30 y)**: **2.3 mg/d***
        - Adequate Intake (AI) for **Females (19-30 y)**: **1.8 mg/d***
    - **Molybdenum**: Not quantified in, but an EAR is provided and RDA in.
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **45 µg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **45 µg/d**
    - **Phosphorus**: **99 mg**
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **700 mg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **700 mg/d**
    - **Selenium**: **15.4 µg**
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **55 µg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **55 µg/d**
    - **Zinc**: **0.65 mg** (crucial for healthy growth and development, especially during periods of rapid growth, and involved in enhancing immune function, protein and DNA synthesis, and cell signaling)
        - Daily Recommended Allowance (RDA) for **Males (19-30 y)**: **11 mg/d**
        - Daily Recommended Allowance (RDA) for **Females (19-30 y)**: **8 mg/d**
    - **Potassium**: **69 mg**
        - Adequate Intake (AI) for **Males (19-30 y)**: **3,400 mg/d***
        - Adequate Intake (AI) for **Females (19-30 y)**: **2,600 mg/d***
    - **Sodium**: **71 mg**
        - Adequate Intake (AI) for **Males (19-30 y)**: **1,500 mg/d***
        - Adequate Intake (AI) for **Females (19-30 y)**: **1,500 mg/d***
    - **Fluoride**: **0.55 µg**
        - Adequate Intake (AI) for **Males (19-30 y)**: **4 mg/d***
        - Adequate Intake (AI) for **Females (19-30 y)**: **3 mg/d***

It is important to remember that cooking eggs can make some nutrients, like protein, more digestible, but may reduce the content of others, such as certain vitamins and antioxidants. Consuming unpasteurized raw eggs carries a potential risk of *Salmonella* contamination. The U.S. Food and Drug Administration (FDA) recommends using pasteurized eggs for recipes calling for raw or undercooked eggs to prevent foodborne illness.